

**July 2005**

It is hot! During this time of the year it may feel more difficult to plan and prepare meals. Instead of reaching for the keys or the phone to get fast food, enjoy the cool and healthy recipes provided here.

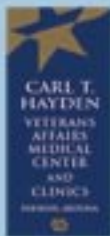
### **Chicken and Citrus Salad**

4 cups baby spinach leaves	1/2 cup pecan halves, toasted
4 cups mixed salad greens	1/2 cup reduced fat raspberry vinaigrette dressing
1 can (15 oz.) mandarin orange segments	
2 cups sliced strawberries	
1 cup of cooked chicken, cut into bite size pieces	

#### **Directions:**

Toss all ingredients in a bowl. Spoon into serving dishes. Makes four servings.

Per Serving, Calories 415, Fat 21gm (saturated 2g), sodium 330 mg, Carbs 38gm, Fiber 7gm, Protein 23gm



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## **Salsa Chicken Salad**

8 cups salad greens  
1 pound cooked boneless, skinless chicken breast, cubed  
1 cup frozen corn  
1 cup black beans  
1/2 cup Mexican style shredded cheese  
2 T. reduced fat ranch dressing

Topping  
1 cup crushed baked tortilla chips  
Salsa

### **DIRECTIONS:**

Toss all ingredients in a bowl. Spoon into serving dishes. Makes four servings. Top with small handful of crushed baked tortilla chips and salsa to taste.

Per Serving, Calories 530, Fat 23gm (saturated 6g), sodium 690 mg, Carbs 63gm, Fiber 8gm, Protein 24gm



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And for a patriotic dessert try this Star Spangled dessert:

**Star Spangled dessert:**

1 plain yellow sheet cake  
(9x12x1" tall) – can use one  
box prepared cake mix in two  
9x12 pans to decrease the  
height of the cake stars.  
star shaped cookie cutter  
1 container light whipped top-  
ping

3 cups fresh strawberries  
1 cup fresh blueberries  
1 cup fresh raspberries  
3 T Sugar

**DIRECTIONS:**

Slice strawberries and place in a bowl. Add blueberries and raspberries. Add 3 T. sugar, stir and refrigerate for 3 hours or overnight. Cut yellow cake into star shapes using a cookie cutter. Place two cake stars on a plate. Spoon berries over the top of the stars. Add a dollop of light whipped cream and top with one additional cake star. Wow! Serves 8.

Per serving, Calories 228, 39gm carbs, 8.7gm fat (1gm saturated)



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